

REUNION.

Not for the quiet evening's grateful gloom.
The old clock ticked its warning clear and slow,
And struck with a sound that made the heart grow
The spirit, which mingled in the silent room,
All silent save the far off murmuring moon,
Of seas that autumn urged to lighter flow,
And from the tree brown stable fields below,
The cricket shrilly piping summer's doom.

We sat and spoke not, friends whom chance had
brought
To gather from the city's toil and roar,
Comments of bright days by sea and field;
Yet in that brief hour of silent thought
We felt, I knew, of trusty friendship more.
Than all the merriment summer had revealed.
—Augustus M. Lord in *Youth's Companion*.

MISSION OF THE CIRCUS.

An Educator in Athletics, Ethnology and
Practical Science.

Every one in these enlightened days concedes that human nature imperatively demands amusement and recreation. The childish mind, to which the world is yet fresh and interesting, and the aged brain of the adult call with equal interest for "something new and strange." Granted the necessity of amusements and the desirability of their being morally clean and healthful and instructive, the provider of such entertainments is a public benefactor and may reasonably ask for his wares the countenance of the church.

The so called circus of today, with, I regret to say, some exceptions, is a widely different affair from that of the past. What under proper management it is decorous and orderly in operation and composed of features which appeal to all ages, classes and conditions. While modestly submitting to bear the generic title of circus, a genuine tent exhibition under which must comprise a menagerie and museum, the accumulation of which necessitated a diligent searching of the whole earth at an incredible pecuniary outlay. In the proper circus of today the athlete demonstrates the perfection of training of which the human body is capable. His feats of strength and graceful agility please the understanding as well as the eye, and if the average boy does stand on his head and practice turning "hand springs" and "flip flops" with exasperating persistence for three weeks running after all to the circus, his physique will be all the better for it. The juggler shows the marvelous precision and nicely of touch which can be acquired by patient practice. In the real circus of today the intelligent lover of horse flesh will find the finest specimens of the equine race trained to do anything but talk.

The scientific mind is attracted by such strange examples of mechanism as the talking machine, an ingenious duplicate of the voice of the human throat, giving forth under manipulation a very human if not a sweet voice.

The ethnologist finds gathered together for his leisurely inspection representatives of notable and peculiar tribes, civilized and savage, from far distant lands—types which otherwise he would never see, as they can only be sought in their native countries at the risk of life and at an expense of time and money possible to few. The menageries of wild beasts, birds and reptiles—comprising every curious specimen of animal life from the denizens of the torrid African jungle to those of the Polar regions—form a study that will impart more valuable information in two hours than can be obtained from reading books on zoology in a year.

—F. T. Barnes in *Buffalo Express*.

The Care of the Ears.
Never put anything into the ear for the relief of toothache.
Never wear cotton in the ears if they are discharging pus.
Never attempt to apply a poultice to the inside of the canal of the ear.
Never drop anything into the ear unless it has been previously warmed.
Never use anything but a syringe and warm water for cleansing the ears from pus.
Never strike or box a child's ears; this has been known to rupture the drum head and cause incurable deafness.
Never wet the hair if you have any tendency to deafness; wear an oiled silk cap when bathing and refrain from diving.

Never scratch the ears with anything but the finger if they itch. Do not use the head of a pin, hairpins, pencil tips or anything of that nature.

Never let the feet become cold and damp, or sit with the back toward the window, as these things tend to aggravate any existing hardness of hearing.

Never put milk, fat, or any oily substance into the ear for the relief of pain, for they soon become rancid and tend to incite inflammation. Simple warm water will answer the purpose better than anything else.

Never be alarmed if a living insect enters the ear. Pouring warm water into the canal will drown it when it will generally come to the surface, and can be easily removed by the fingers. A few puffs of tobacco smoke blown into the ear will stupefy the insect.

Never meddle with the ear if a foreign body, such as a bead, button or seed, enters it; leave it absolutely alone, but have a physician attend to it. More damage has been done by injudicious attempts at the extraction of a foreign body than could ever come from its presence in the ear.—*Health and Home*.

Posture of a Sleeper.

It would seem on the first blush of the matter that the posture for—that is, to favor—sleep must be generally the same as that voluntary or instinctively assumed during sleep; but a little consideration will make it apparent that this is not correct. It may be granted that supposing a person to be sleeping lightly and unconsciously to one of comfort. It would be more correct to say that it is changed in the endeavor to avoid distress or discomfort; but even the fact that sleep is quieter in the new position will not suffice to prove that this is a better one, because the sleep may meanwhile have become deeper.

It is, on the whole, impossible to ascertain, either by observation or experiment, which is the posture most conducive to sleep, and attempts to lay down rules for the guidance of bad sleepers are always arbitrary, generally empirical, and rarely of any practical value. Those who think "anemia of the cerebrum" is the cause of sleep, and those who think that, though not the cause, a diminution in the quantity of blood in the vessels of the encephalon is a necessary concomitant of sleep prefer and recommend that the head should be higher than the feet; while those who adopt the opposite view, and think passive congestion causes or promotes somnolence, would have the feet raised and the head lowered. The confounding stupor with sleep may, and probably has, something to do with these differences of opinion.

Meanwhile a common sense view of the matter would conclude that, as there is evidently some change in the blood when the brain falls asleep, the best plan must seem to be to place the body in such a position that the flow of blood through the vessels of the head and neck may be especially easy and free. The way to secure this is to allow the head to lie in a posture and on a level that can-

not offer any obstacle to the free return of blood through the veins of the neck, and does not tend to make the blood flow specially in any particular direction, but leaves nature at liberty to act as she will.

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—London Lancet.

Delightful Barbados.

"I passed last winter at Barbados, the healthiest, prettiest and most windswept of the Windward Islands," said a gentleman to a reporter. "The purity of the air and fertility of the soil are remarkable. You have no idea how pleasant Bridgetown, the capital, and its suburbs, Hastings, are. In the hottest day of summer the streets are delightfully cool, facing as they do the northeast trade winds. Sickness is rare at any time, and when the northern winter clothes this country with ice and snow, the climate there is charming. The plantations are prospering, and American machinery is taking the place of the old fashioned windmills. The poorest negro and the richest merchant are all the day busy, for the streets of Bridgetown are never deserted, nor are her wharves ever idle. Spacious buildings and long rows of bonded warehouses now line the wharves and streets, and the leading stores are filled with American goods of every kind."

"What are the amusements?"

"Horse cars and hacks carry a constant stream of humanity from the capital to St. Ann's, where the European military bands play every evening, and the British soldiers have their annual fairs during the day. There are other amusements, which will enable visitors to pass away the time pleasantly. But the great advantage of the island is the blessing it is to invalids."—New York Mail and Express.

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